

✂ The Saber Herald ✂

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Spangdahlem Air Base, Germany

www.saberherald.com

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Lights, power, air conditioning



U.S. Air Force photo/Tech. Sgt. Charles Larkin Sr.

Master Sgt. Darryl Harris, 380th Expeditionary Civil Engineer Squadron, engages the main power switch at Al Dhafra Air Base, United Arab Emirates, Oct. 5. Sergeant Harris oversees electrical operations, coordinating 12 Airmen to bring electricity to 22 tents housing more than 200 Soldiers. Sergeant Harris is deployed from Spangdahlem Air Base.

Air traffic system gets evaluated

by Senior Airman Kali L. Gradishar
52nd Fighter Wing Public Affairs

As the most-inspected wing in the Air Force, the 52nd Fighter Wing again underwent an evaluation Oct. 19-23 – this time the overall air traffic system was under the microscope.

Various units on base, such as weather, the civil engineers squadron, safety, airspace management and a number of others, were evaluated on their support of flight operations for the wing during the Air Traffic System Evaluation Program and Standardization Evaluation Program Weather Operations.

“The ATSEP is the over-arching inspection, which includes both the air traffic system and weather operations,” said Capt. Ryan Guess, 52nd Operations Support Squadron. “The ATSEP evaluates the ability of the air traffic system to meet standards and operational requirements of military and civil users by analyzing from an operational viewpoint the total air traffic system for safety, compatibility and adequacy.

“Additionally, it evaluates all pertinent areas that are a part of, or affect, the air traffic system for compliance with regulatory guidance,” he added.

It’s been two years since the wing was last evaluated in this manner.

“Spangdahlem received a 97 percent compliance rating out of 813 checklist items inspected

October is Cyber Security Awareness Month

by Senior Airman Kali L. Gradishar
52nd Fighter Wing Public Affairs

In acknowledgment of October as National Cyber Security Awareness Month, the 52nd Fighter Wing Cyber Surety Office is taking action to ensure all Sabers are aware of the ways they can keep their computers secure.

“Everyone needs to be familiar with cyber security and know how to protect themselves. It’s not any

one person’s job. It’s everyone’s responsibility, from the lowest-ranking enlisted member to the highest-ranking officer,” said Tech. Sgt. Amy Smith, 52nd FW Cyber Surety Office information assurance manager. “Our goal is to make users more aware of how to protect their computer systems at home and work, as well as to provide them the knowledge and means to do so.”

Sabers can take advantage

of various programs in place to keep home and work computers functional.

Security patches automatically update on network systems, and servicemembers can download anti-virus definitions for computers on .mil domains from <https://www.jtfgno.mil> and load them onto a CD to transfer the software from this secure site to their home

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52nd Fighter Wing Responsible Drinking Scoreboard

Last DUI: Oct. 17 – 52nd EMS
Last ARO: Oct. 15 – 52nd OG

Last DUI
6 days ago

Last week’s accidents
Major vehicle accidents: 2
Minor vehicle accidents: 7



Saber AGE hones skills while deployed

... see Page 5



Daylight saving time ends this weekend

... see Page 7



Weekend weather



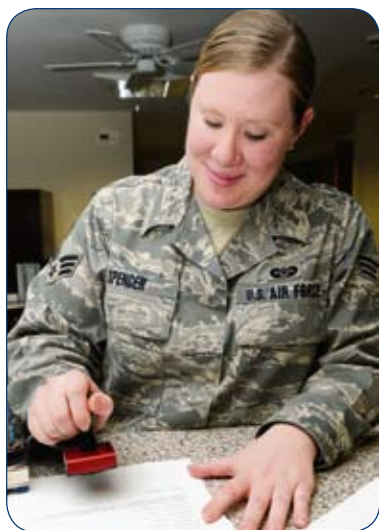
Oct. 24
Chance of rain
High 14 C / 57 F
Low 9 C / 48 F



Oct. 25
Chance of rain
High 13 C / 55 F
Low 8 C / 46 F

Saber Spotlight

C O M M E N T A R Y



U.S. Air Force photo/Airman 1st Class Staci Miller

Senior Airman Jennifer L. Spencer, 52nd Fighter Wing Judge Advocate General's Office, is this week's Top Saber Performer.

NAME

Jennifer L. Spencer

UNIT

52nd Fighter Wing Judge Advocate General's Office

DUTY TITLE**HOMETOWN**

Chambersburg, Penn.

TIME IN SERVICE

Five years

WHY JOINED

To serve my country, better myself and provide for and support my family

FAMILY

A 3-year-old daughter, Madison

HOBBIES

Biking, hiking, shopping and geo-caching

FAVORITE ASPECT OF JOB

Working with all of the 1st sergeants and commanders to help make the Air Force better

BEST AF EXPERIENCE

Deploying to Iraq in 2008 was the best experience I have had in the Air Force

Discipline versus punishment

Commentary courtesy of the Saber Spouses Corner

Have you heard of someone known for being a strict parent or a parent who spansks as a punishment? Or, have you ever seen someone disciplining their child in public or on base?

The difference between discipline and punishment can be confusing.

Discipline refers to the instruction of rules and a system of teaching. By nurturing children, we prepare them to achieve competence, self-control and caring for others. Discipline provides children with the tools to be successful in life.

Punishment is to subject someone to pain; confinement; loss or damage; injury; verbal, emotional or physical abuse; maltreatment; or beating for something they have done or think they have done.

Discipline provides appropriate teaching with a positive and effective approach. Parents can teach children by telling them what they do right or wrong, as well as to help them understand the results of their actions.

Yelling, name-calling, confining a child for lengthy periods of time and other forms of harsh punishment are not positive examples of discipline.

Using inappropriate punishment may result in a child responding with unpleasant behavior, such as yelling and swearing. Continued punishment can not only damage the parent-to-child relationship, but it may also affect the way children think about themselves or have a negative, irreversible effect on them in the future.

If you feel your last nerve might snap, know that you are likely not the only parent feeling this way. Take a deep breath before saying harsh words that can't be unsaid.

If frustration and anger continue to boil, call Family Advocacy at DSN 452-8279 for some effective parenting strategies that can assist you in being a better mom or dad.

Family Advocacy provides a variety of prevention classes through the New Parent Support Program and the outreach manager. NPSP provides classes such as breast-feeding and Babies 101, and conducts home visits. The outreach manager provides classes such as Common Sense Parenting and Caring for Children Through Divorce. Call to make an appointment, and remember, information shared in classes will not be

documented in medical records.

Parenting tips for infants and growing children:

- You are your child's first teacher. Your baby begins to learn from you right away. Help your baby's brain grow – smile, play and laugh with him or her every day.

- Children learn by example. They learn by watching you. Set a good example – how you act often speaks louder than words.

- Listen with your full attention when your children talk to you. Look them in the eyes. Listen carefully to their thoughts and feelings.

Positive discipline for a child:

- Don't say "no" too often. Save "no" for when he or she could hurt themselves or someone else.

- Put him or her in a "timeout." Use the same spot each time. Timeouts give both of you a chance to cool off. Your child can join you when he or she can control themselves.

- Set up routines and rules, then be consistent. Let your child know you mean what you say.

- If your child is doing something wrong, show him or her the right way to do it, such as showing them to pet the dog rather than pull its tail.

- If possible, encourage your children to "use their words." Children who express themselves with words will tell you how they feel, not show you.

- If you are under a lot of stress, your child probably knows it. Ask for help.

Recognizing child abuse:

- Parents are late to seek medical attention for a child

- Any injury that is unexplained, inadequately explained, implausible or inconsistent with the reason

- Eating disturbances (low weight and very little energy)

- Seems frightened of the parents and protests or cries when it is time to go home

- Child is withdrawn

- Child cries a lot

It is Air Force policy that all Air Force active-duty members, civilians and contract employees report all incidents of suspected family maltreatment to include physical, emotional or sexual abuse and neglect.

(Editor's note: A Saber Spouses Corner contributor provided this article. The contributor received information for this article from Family Advocacy.)

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AdvantiPro



Col. Tip Wight

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in The Saber Herald and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mail to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To Public Affairs in Bldg. 23
- Via fax to DSN 452-5254

Anonymous inputs are accepted. To receive a personal response, you must include your name and phone number. Call Spangdahlem Public Affairs at DSN 452-5244 for more information.

Executive order bans texting while driving

by Samantha L. Quigley
American Forces Press Service

WASHINGTON (AFNS) – In an executive order issued Oct. 1, President Barack Obama banned federal employees from text messaging while behind the wheel on government business.

“With nearly 3 million civilian employees, the federal government can and should demonstrate leadership in reducing the dangers of text messaging while driving,” President Obama said in the order. “A federal government-wide prohibition on the use of text messaging while driving on official business or while using government-supplied equipment will help save lives, reduce injuries and set an example for state and local governments, private employers and individual drivers.”

According to the order, text messaging, or “texting,” encompasses more than simply sending a text message via a handheld communication device. It also includes reading from any handheld or other electronic device, including for the purpose of SMS texting, e-mailing, instant messaging, obtaining navigational information or “engaging in any other form of electronic data retrieval or electronic data communication.”



Courtesy photo

President Barack Obama has banned federal employees from text messaging while behind the wheel on government business. Agencies are being directed to implement this order through the consideration of new rules and programs and re-evaluation of existing programs.

The order defines driving as “operating a motor vehicle on an active roadway with the motor running.” This includes the time the vehicle is temporarily stationary because of traffic, a traffic light or stop sign, or other cause.

“It does not include operating a motor vehicle with or without the motor running when one has pulled over to the side of, or off, an active

roadway and has halted in a location where one can safely remain stationary,” President Obama said in the order.

While the order applies specifically to federal employees, it also asks contractors to follow suit, and encourages civilians to adopt the same measures while operating their own vehicles.

Agencies are being directed to implement this order through the consideration of new rules and programs and the re-evaluation of existing programs. Agency heads are urged to conduct education, awareness and other outreach for federal employees about the safety risks associated with texting while driving.

“These initiatives should encourage compliance with the agency’s text messaging policy while off duty,” President Obama said.

Agencies have 90 days to take appropriate measures to implement this order, adopt measures to ensure compliance with the ban on text messaging – including disciplinary action for violations – and notify the transportation secretary of the measures undertaken.

Agency heads may exempt certain employees, devices or vehicles that are engaged in or used for protective, law enforcement or national security responsibilities or on the basis of other emergency conditions, the order says.

Leading in challenging times: integrity also means consistency

Commentary by Gen. Roger A. Brady
U.S. Air Forces in Europe Commander

Every Airman knows that “Integrity First” is the foundational pillar of our core values, and we all understand what it means.

We will always strive to do the right thing and be honest in all that we do. I also believe integrity carries with it the idea of consistency in how we conduct every aspect of our lives.

Recently, I took the out brief of an off-duty vehicle accident in which two Airmen lost their lives. It was a very sad and all-too-familiar story of Airmen who combined alcohol with reckless, high speed driving.

The result was not only their deaths, but also that of an innocent person in a car with which they collided. In an instant, the lives of three families were torn apart and the Air Force lost two of its Airmen.

These Airmen had been very reliable in their duty performance. However, their propensity for binge drinking and high speed driving was well known among their peers.

In the days before the fatal accident, one of the Airmen had engaged in binge drinking on at least two nights that included the consumption of fifteen or more drinks one night and in excess of twenty drinks the next night.

Each night of binge drinking was followed by duty launching, recovering, maintaining and repairing fighter aircraft. Since we now know this, their peers obviously knew it as well.

This Airman had a blood alcohol level of “zero” at the scene of the accident. He had “taken the night off” because he was worn out from drinking the previous days, but he still died as a passenger in the car with this deadly “band of brothers.”

The driver, who they had decided would be the designated driver, decided not to take the night off from drinking. He was an avid driver and active member of a national racing association who often drove too fast for conditions in a manner that I would consider reckless.

On the night of the accident, alcohol and speed became a deadly combination. We lost two Airmen and a civilian for absolutely no reason.

Having received this accident report, I made two observations.

One, on duty these young men were good performers carrying out critical tasks supporting one of our most sophisticated weapons systems. But off duty, their immaturity was deadly.

Two, the disparity between the maturity demonstrated on duty and off duty was well-known to their fellow Airmen. These wingmen did not hold them accountable.

“Certainly none of us are perfect, but we must strive for ... integrity in our lives – the kind that makes us consistently the same person on duty and off, with our peers, our subordinates, our supervisors and our families.”

– Gen. Roger A. Brady

An engineer might analyze a steel beam and declare that the steel has “integrity” from one end of the beam to another.

This means that the quality of the steel is consistent from one end to the other. No portions had seams or inconsistent quality or areas that were brittle or in any way defective. The beam has “integrity.”

Certainly none of us are perfect, but we must strive for this kind of integrity in our lives – the kind that makes us consistently the same person on duty and off, with our peers, our subordinates, our supervisors and our families.

As wingmen we must also hold each other accountable as professional Airmen.

This is simply the right thing to do, and it is the only way we can ensure that we have safe, satisfying and productive lives for ourselves, our families, our unit, the Air Force and the Nation.

**CUSTOMER
SERVICE**
Tip of the Week

Courtesy of the 52nd Mission Support Group:

Always offer options if you can't give customers exactly what they want. Your customers can live with a “no” if it is softened by alternative recommendations.



U.S. Air Force photo/Airman 1st Class Nick Wilson

Airman 1st Class Antwaine Holmes, 52nd Logistics Readiness Squadron, signs in during a dorm resident all-call Oct. 13. Key topics discussed during the briefing were dorm improvements, the no-smoking policy, base dorm council, and dorm or bay chief program.



U.S. Air Force photo/Airman 1st Class Staci Miller

Anna Zelinski, library technician, explains the Rosetta Stone language learning program to Senior Airman Gregory Gilkes, 52nd Equipment Maintenance Squadron, Oct. 14. Military members and dependents can borrow Rosetta Stone CDs or sign up to access the online version free of charge at the Spangdahlem library.



U.S. Air Force photo/Airman 1st Class Staci Miller

Gerhard Zeimens, 52nd Communications Squadron, repairs damaged cable lines Oct. 13. These cable lines transmit telephone and alarm signals to the Spangdahlem housing area. Depending on the weather, the project will be completed in as early as two weeks.



U.S. Air Force photo/Senior Airman Benjamin Wilson

Airmen pull on guide lines attached to an A-10 Thunderbolt II to help maintain its position while it is being lifted by a crane here Oct. 14. The first Spangdahlem Crash-Damaged or Disabled Aircraft Recovery Course was hosted by the 52nd Equipment Maintenance Squadron and it qualifies crash-recovery Airmen to team-lead the process of lifting damaged aircraft for repairs and transportation.



**What's going on
around your
local community?**

To see more photos, go to www.spangdahlem.af.mil/photos

Keeping equipment running a challenge for AGE

by Senior Airman Michael Matkin
379th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA – Servicemembers go to technical school to learn the basic skills of their military job and they receive hands-on experience when they go to their first duty assignment.

However, with the high operations tempo and numerous tasks required of them day in and day out, the servicemembers of the 379th Expeditionary Maintenance Squadron Aerospace Ground Equipment Flight have an opportunity to perfect and enhance their maturing skills.

"This is an awesome learning experience for me," said Airman 1st Class Terrell Chester, 379th EMXS AGE apprentice, deployed from Spangdahlem Air Base. "I have learned a great deal more than I ever could at my home station because there is a unique opportunity to learn about a lot of different equipment from a lot of different aircraft here. Plus, there are so many people here with years and years of experience that any time I have a question, I can find someone who can answer it for me."

"Although (servicemembers) learn a great deal about their jobs in (technical) school, they can learn a great deal more here because we are responsible for so much equipment and because of the accelerated rate at which we work," Senior Master Sgt. John Bush, 379th EMXS AGE flight chief, deployed from Charleston Air Force Base, S.C., said. "(Servicemembers) can learn at the rate of months instead of years here."

The amount of experience that more than 100 servicemembers from more than 16 different bases bring to the 379th EMXS AGE flight is another great opportunity for newly trained AGE servicemembers.

"It is a unique opportunity for them to learn from some very seasoned technicians," Sergeant Bush said.

The flight must be staffed with a large group of skilled technicians because they maintain more than 500 pieces of support equipment such as generators, air conditioning carts, bomb lifts and hydraulic jacks, Sergeant Bush said.

"We also have to know about electronics, pneumatics, fuel and oil, as well as knowing how to take apart engines and rebuild them," Airman Chester said.

This large array of equipment is used constantly here, so frequent maintenance must be performed, Sergeant Bush said.

All equipment must be inspected twice a year, although most electrical power equipment is also given a tune-up every 180 days. In the month of September alone, the AGE completed more than 96,000 service inspections.

"The air conditioners are one of the most important pieces of equipment on this flightline

and keeping our air conditioners running is one of the most difficult tasks we do," Sergeant Bush said. "The summer heat is especially tough on them because they are running nonstop."

The cooling units are used to cool an aircraft's avionics system or other electrical systems when Airmen are working on them, Sergeant Bush said. Without the cold air cooling the components, they would generate too much heat and systems would be damaged.

Even with the stress from the extreme heat and constant use that is put on the AGE equipment here, they have been able to sustain an equipment in-commission rate of more than 93 percent.

"It's difficult for an AGE flight to maintain an in-commission rate that high," Sergeant Bush said. "An average shop dreams of sustaining that rate; it is a testament to the extremely good job we are doing. The (servicemembers) work very hard and they take pride in their work."

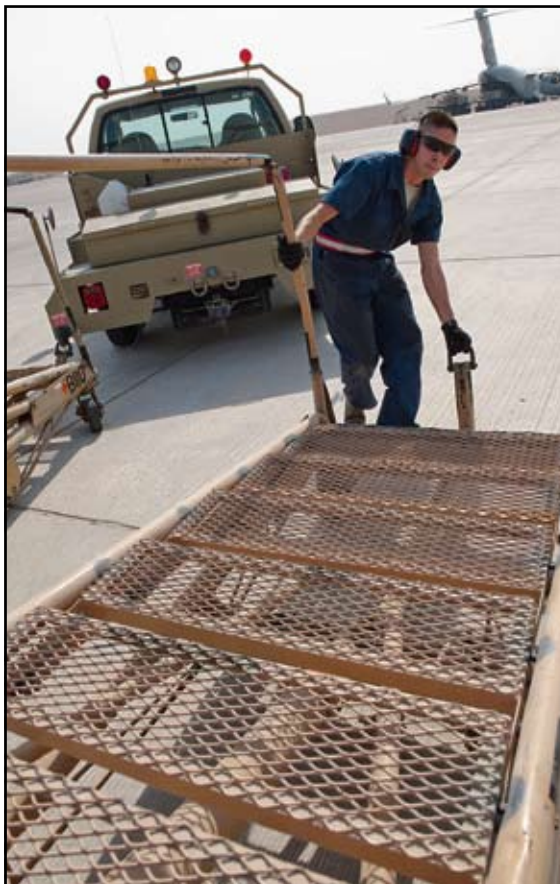
This pride is also evident in the quality of the equipment they send out to be used by maintenance workers and aircrew on the flightline, which had a 99.2 percent reliability rate in September, Sergeant Bush said. To reach such numbers, the AGE flight must not only work at a fast pace but must also work as a team.

"The work here is too big for just one person, so we have to rely on each other to get all of the jobs completed," Airman Chester said.

To the AGE flight, working as a team doesn't just mean working within their own flight; they also support aerospace ground equipment for their sister services and coalition forces.

Recently, the Navy needed to change the landing gear tires on one of its aircraft and the AGE was able to help them accomplish the job by providing them with an aircraft jack. In September, they supported the Navy and coalition partners on more than 65 different occasions collectively with aerospace ground equipment needs.

With so many hands-on opportunities to work with numerous and diverse types of equipment, as well as with skilled craftsmen, new members of the AGE career field can learn and grow in Southwest Asia at an unparalleled rate.



U.S. Air Force photo/Staff Sgt. Robert Barney

U.S. Air Force Staff Sgt. Chris Holt, 379th Expeditionary Maintenance Squadron aerospace ground equipment driver, returns equipment to a nearby ready line after use, Oct. 14, 2009, in Southwest Asia. The AGE shop transfers necessary ground equipment to all aircraft here supporting operations Iraqi Freedom and Enduring Freedom. Sergeant Holt is deployed from Spangdahlem Air Base, Germany.

The Blotter

The following events happened between Oct. 12 and 18.

Major POV accident off base: An Airman was involved in a major accident on the B-50 near Autohaus Kroeschel. The Airman's vehicle began to slide off the road while he was approaching Binsfeld. The driver over-corrected the error and lost control of the vehicle and ran into a traffic sign before turning the vehicle over. The Airman was transported to the hospital in Wittlich for treatment of minor cuts to the hands.

Damage to government property under \$1,000: The security control center was notified of damage to government property. The 52nd Security Forces Squadron responded

to the Spangdahlem Enlisted Club, where the complainant described hearing a loud noise in the bathrooms. Patrol found a dented trash can, a toilet paper dispenser sitting in a toilet bowl and other toilet stall damage. Damage outside was also found, including a standing lamp that was removed and a damaged gutter.

Assistance rendered: A civilian was stopped in a gate inspection for possession of illegal item. Polizei from Bitburg were called to the scene to confiscate the homemade impact weapon for upcoming court proceedings.

Suspicious activity: A complainant notified the security control center of a blue Fiat Punto driving around the B-50 traffic circle while taking photographs of the entry control point. The vehicle plate was relayed to Bitburg Polizei, who tracked the vehicle to an AVIS rental company

but obtained no additional information.

Suspicious activity: A complainant notified the security control center of an individual using a video camera in the direction of the base. The individual was parked, and as the complainant approached, they tried to hide the camera. Passing through a traffic circle, the complainant turned back to get another look and saw the individual again using the camera and then hiding it. Shortly after this the individual departed.

Suspicious package: An ION scanner detected TNT on a package. The 52nd Security Forces Squadron was notified and responded to the Spangdahlem Post Office. A cordon of the item was employed, and 52nd Civil Engineer Squadron Explosive Ordnance Disposal

SECURITY, from Page 1

computers for virus protection.

Virus protection should also be used for standalone computers on base and external hard drives should be scanned every time they are plugged in.

Along with utilizing anti-virus software and spyware, people should "be cautious on social-networking sites, such as Facebook, MySpace and Twitter and practice operational security by not releasing information that shouldn't be available to others," Sergeant Smith said.

"Cyber security is not any one thing or one system, though," added Master Sgt. Daniel Cartagena, 52nd Fighter Wing Cyber Surety Office section chief. "What we do at work impacts cyber security, but so does what we bring from the outside."

Unauthorized USB devices can be disabling to one computer. But when many computers are connected on a network, it can get a lot messier.

"Potentially, the use of an unauthorized USB device could potentially bring down an entire network until the virus is cleared," Sergeant Smith said. "Spam and using the reply-to-all function when it is unnecessary can also slow the network down."

The cyber surety office's main goal is to educate computer users, aiming for a realization that the cyber threat is just as real as a physical threat.

"There's still a threat, just at the keyboard. Being educated and knowing what steps to take for cyber security is very helpful to our country," Sergeant Cartagena said. "In the modern world we're no longer looking at things that are just physical, so we need to have a greater awareness."

People don't even need bullets and bombs to cause damage now, he added.

To keep all Sabers equipped with network access and the appropriate cyber security procedures, each unit has an information assurance representative.

There will be a wing information assurance inspection in January 2010.

"You can have all the most wonderful systems in the world, but the weakest link can bring it down," Sergeant Cartagena said.

For questions about cyber security, call the wing cyber surety office at DSN 452-5375.

Online school lunch payment system goes global

Courtesy of Headquarters, AAFES
Europe Public Affairs

MAINZ-KASTEL, Germany – After more than a year of testing at select locations, the Army and Air Force Exchange Service is offering online access to school lunch accounts throughout Europe and the Pacific.

The new, online system allows parents to make prepayments using a bank account or credit card. Setting up an account does require an initial visit to the nearest exchange's cash cage to set up a "Horizon" account, but that one visit will pay big dividends as everything, from that point forward, can be tracked and maintained from any computer

connected to the internet.

"The new system makes secure pre-payments convenient for parents who can now manage multiple accounts from the comfort of their home or work," said Lt. Col. Wayne Marotto, AAFES – Europe public affairs officer. "The program takes all the work out of keeping up with school lunches and even sends an alert when the account's balance gets low."

After the "Horizon" account has been assigned at the exchange, parents simply log on to www.mealpayplus.com and follow step-by-step instructions to set up their online profile. From there, parents are able to view a summary of multiple student account balances,

pay towards multiple student accounts with one payment and view student account payment history.

AAFES provides school lunch to kindergarten through 12th grade students on Army and Air Force installations in nine countries overseas.

The command serves approximately 21,000 pattern meals each day for a total of more than 4.4 million meals each school year. AAFES supports educational programs in 92 schools throughout Europe and the Pacific.

For information, call the Bitburg Exchange at DSN 452-9227 or the Spangdahlem Exchange at 06565-957215.



Sabers participate in forest walk

Participants of the 15th annual Binsfeld forest walk watch a forest worker load trees onto his truck. The community of Binsfeld invited wing members to enjoy the walk, where a forest master introduced forest highlights and machinery that is used to keep nature and the local forest in order.

Photo by Iris Reiff

EVALUATION, from Page 1

during the 2007 ATSEP," Captain Guess said.

Since then, there have been a number of updates, renovations and overhauls of programs and facilities to better provide for air operations.

The flightline driving program was revitalized, and a \$7 million air traffic control tower was constructed. A non-radar transition program was also developed and the Bird Aircraft Strike Hazard system installed.

"The construction of the tower greatly improved a tower controller's ability to monitor the runway and taxiways, and Air Traffic Control and Landing Systems transferred a critical piece of navigational aid monitoring equipment to the new tower, allowing consolidation of critical air traffic control manning," Captain Guess said. "The non-radar transition program allows the Ground Controlled Approach

facility to provide safe transition and holding of aircraft during a radar failure until German Air Traffic Control can take radar control of our aircraft.

"And the new 12-cannon BASH system, which is remotely controlled by the tower and fires propane cannon to disperse birds from the airfield, also has an integral predator call system, which mimics the calls of falcons and other birds of prey to scare away troublesome birds."

The 52nd OSS, 52nd Communications Squadron, 52nd Civil Engineer Squadron and 52nd FW Safety Office have self-inspected their portion of the more than 800-item checklist to ensure compliance with the safety standards each unit is required to uphold.

Plus, more than 15 agreements between base agencies, host-nation air traffic control agencies,

Bitburg and Luxembourg airports, and German airbase Buechel are continually reviewed and updated, he said.

With the inclusion of the new systems, moving of equipment, continual focus on the mission and intense preparation, confidence is high that this year's inspection results will be even better than in 2007.

"We believe we are poised to do better than the last inspection, higher than a 97 percent compliance rate (during this inspection that will) evaluate the quality of service and support (each unit) provides to the air traffic system users and compliance with standards of air traffic control, airfield management, and air traffic control and landing systems," Captain Guess said.

The results of the evaluation are scheduled to be announced the morning of Oct. 23.

Energy campaign strives for reduction in consumption

Courtesy of the 52nd Fighter Wing
Public Affairs Office

The U.S. uses more energy than any other country in the world, according to Energy Information Administration official energy statistics from the U.S. government.

This amount of energy consumed by the U.S. is greater than that used by all European countries combined.

To decrease the amount of energy expended, U.S. Air Forces in Europe kicked off a year-long campaign to save the command,

the Air Force and the U.S. millions of dollars by reducing the amount of energy it consumes.

To do so means a change in the way Airmen do business, as making even the smallest of changes like turning off a light when leaving a room can conserve power.

According to the 2008 economic impact assessment for Spangdahlem Air Base and Bitburg Annex, there are more than 14,000 people who work and live on or around Spangdahlem Air Base and Bitburg Annex. While one person remembering to turn the light off when leaving a room may not make

much of a difference, 14,000 people doing so might.

Other things Sabers can do to reduce energy use include opening shades when the sun shines through and close them in the evenings to keep the chill out.

People can also unplug appliances when not in use because many appliances pull power even when turned off; appliances can even be plugged into a power strip that's switched off when not in use.

Editor's note: Information from the Department of Energy Web site was used in this article.

What can you do to be more green?

Appliances

What you can do: Choose Energy Star appliances.

If everyone purchasing a clothes washer in the next year were to choose an Energy Star model, together we would save 975 million kilowatt-hours of electricity, 34 million Btu of natural gas and 54 billion gallons of water.

The electricity saved in one year would power every household in Washington for four months. Enough water would be saved in one year to fill the Rose Bowl Stadium 638 times.

Even if appliances don't need replacing, keep them clean and in good repair; clogged air vents or worn-out parts make motors work harder, which wastes energy.

Car

What you can do: Get the junk out of the trunk and properly inflate your tires.

Carrying an extra 100 pounds in

your vehicle could reduce your fuel efficiency by up to two percent.

Properly inflated tires are safer, last longer and save fuel. You can improve your gas mileage by more than two percent by keeping your tires inflated to the recommended pressure.

Electronics

What you can do: Turn off your power strips or unplug electronics. Power strips can turn off several appliances with the flip of one switch.

Your electronics – computer, TV, DVD player, even your phone charger – use energy even when they're turned off. Stand-by power can account for as much as 20 percent of home energy use. Unplugging your devices or turning off power strips can save you money.

Light Emitting Diodes

What you can do: Purchase lighting that uses Light Emitting

Diodes for home applications.

LED lighting is being made for a variety of uses around the home including recessed downlights, holiday tree lights, night lights and walkway illumination.

LEDs are durable, long-lasting, and use about one-tenth as much energy as incandescent bulbs.

Lighting

What you can do: Change your lights to energy-saving compact fluorescent lights.

If every American home replaced just one light bulb with an Energy Star CFL bulb, we would save almost six billion kwh per year – enough energy to light nearly three million homes.

We'd also save more than \$600 million in annual energy costs and reduce greenhouse gases by the equivalent of nearly 750,000 cars.

The average CFL lasts 10,000 hours, and when you replace it, you can recycle the old one.

First IV to host "Dress to Impress" Airmen's ball

by Airman 1st Class Nick Wilson
52nd Fighter Wing Public Affairs

The Spangdahlem First IV is sponsoring a "Dress to Impress" Airmen's ball scheduled for 8 p.m. Nov. 6 at the Brick House. This ball is open to Airmen of all ranks.

Because the event theme is "Dress to Impress," fitted caps and sneakers are not allowed. All Airmen who attend are encouraged to wear their best-looking civilian attire to the dance.

"If they don't have formal clothing, it's OK," said Airman 1st Class Annita Harding, 52nd Aerospace Medicine Squadron public health and First IV member heading the organization of the event.

They should just try their best to look nice, she said.

During the Airmen's ball, there will be activities such as a dance off, best outfit contest and random door prizes. Prizes include discounts to a local barber shop or hair salon of the winner's choice. Disc jockey "DJ Coada" will perform live at the party, and a professional photographer will be available.

"This event is an alternative to spending 20 euro on a taxi to go to (a local bar or club)," Airman Harding said. Airmen, especially those residing in the dorms, can stay close to home, avoiding instances of driving under the influence of alcohol.

The cost to get in is \$2 in advance or \$3 at the door.

For more information, call Airman Harding at DSN 452-8428.

Sabers fall back for daylight saving time this month

by Senior Airman Kali L. Gradishar
52nd Fighter Wing Public Affairs

The end of daylight saving time is just around the corner, waiting to give Sabers an extra hour of snooze time – or so it feels like when daylight saving time ends in the fall.

Oct. 25 marks the end of daylight saving time, as those in the region turn their clocks from 3 to 2 a.m.

Or, if people aren't keen on waking up at 3 a.m. to change the

time, it might be a good idea to do so before going to bed.

Some credit for daylight saving time can go to Benjamin Franklin, who suggested the idea in 1784, according to www.timeanddate.com. But, the initiative didn't spread until World War I when additional European countries adopted the idea.

Besides sleeping in, there are other things Sabers can do with that misperceived notion of extra time.

With one hour of additional

daylight, those wanting to become more active can take a morning walk or jog around the neighborhood. If weather is bad or sidewalks are a rare commodity in the neighborhood, people can still pack a bag and start the morning in the weight room at the Skelton Memorial Fitness Center or at an indoor cycling session a 6 a.m.

"If I felt like I had an extra hour in the morning, I would probably cook myself breakfast – scramble some eggs, toast some toast and

fry some greasy sausage," said Staff Sgt. Rob Keith, 726th Air Mobility Squadron. "Either that, or I'd get out my air guitar and serenade my girlfriend awake."

Sabers can also spend a little extra time with family, play a little longer with pets, catch up on scrapbooking or clean out storage that's been neglected for too long. No matter what Sabers do with that extra smidgen of daylight, they might want to take note of what time they report to work Oct. 25.

Tops In Blue wows Saber crowd



U.S. Air Force photos/Airman 1st Class Nick Wilson

Clockwise, from top:

Tops In Blue entertainers (right to left) Airman 1st Class Joanell Jackson, Senior Airman Tarryn Holyfield, Staff Sgt. Aisha Smith and Tech. Sgt. Alison Maldonado sing and dance for members of the 52nd Fighter Wing and their families Oct. 15. Tops In Blue consists of approximately 35 Airmen whose mission is to travel around the world performing for U.S. armed forces servicemembers and their families.

Tops In Blue entertainers Airman 1st Class Joanell Jackson and Tech. Sgt. Octavious Hill perform a duet during a performance at the Skelton Memorial Fitness Center gymnasium. Tops In Blue's theme for their shows this year is "To Dream."

Tops In Blue entertainer Staff Sgt. Wendell Boone sings a solo for members of the 52nd FW and their families during an Oct. 15 performance.

Tops In Blue entertainers Senior Airmen Jeffrey Collins and Jennifer Bone dance for Sabers during a performance at the fitness center gymnasium.

Nature preserve offers ample hiking, leisure activities

by Iris Reiff

52nd Fighter Wing Public Affairs

With fall's arrival, Sabers may take in the changing season from greens to yellows, oranges and reds as they hike through the woods along rocks and gorges, or simply take a leisurely stroll through the German-Luxembourg Nature Preserve located approximately 45 minutes away from the base.

The preserve starts in Irrel, a German town located near the Luxembourg border. The Irrel waterfalls were formed in ancient times by falling boulders. The rapids provide the scene for numerous canoeing events, especially when water levels are high.

Northwest of the falls lies the Ferschweiler Plateau where various archeological finds revealed a Stone Age settlement. The plateau offers beautiful cliff walks, restaurants and a visitor's center where people can learn about the rich history of the area.

Extensive foot-paths lead to isolated graves, Celtic sacrificial altars, and remains from Celtic and Roman times such as the Druid Stone, Diana monument, Fraubillen Cross and Roman holy temple.

Near the plateau the Teufelsschlucht Valley provides unlimited walking opportunities past interesting rock formations. Hundreds of people

visit year-round to experience the beauty the area offers.

Only a few kilometers southwest of Irrel lies the Grand-Duchy of Luxembourg and the medieval border town of Echternach. The town boasts one of the oldest Christian abbeys in Europe. The basilica, a religious monument, shelters a white marble coffin with the remains of Saint Willibrord in its Merovingian-Age crypt.

During the 10th and 11th centuries the abbey became a center for a school for artists and writers. A museum featuring book designs is located in the abbey's basement and displays evidence of the monks' work from the past. Interesting frescoes from the 11th century decorate the abbey vault.

Echternach makes a great stopping point, as it is filled with cozy street cafes and coffee shops in the center of town. It offers opportunities for outdoor adventures in the German-Luxembourg Nature Preserve and Echternach lake area, or allows tourists to browse local supermarkets and shops where they can buy traditional biscuits and chocolates.

To get to Irrel, drive toward Luxembourg from Bitburg and follow the signs towards Echternach. You will soon see the signs to Irrel. The falls are just outside the town, between Irrel and Pruemzurly. It is recommended to wear good walking shoes when visiting the area.



Courtesy photo

Rocks and gorges like the Teufelsschlucht can be spotted when hiking through the German-Luxembourg nature preserve near the towns of Irrel and Echternach. The area around Echternach is also known as the Petit Swiss, or Small Switzerland, and attracts walkers and hikers from all over the region. The nature preserve is located approximately 45 minutes away from Spangdahlem Air Base.

Officials launch updated Key Spouse program

by Tech. Sgt. Amaani Lyle

Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) – As part of the July 2009 to July 2010 Year of the Air Force Family initiative, the service's senior leaders have announced the launch of a revised and standardized Key Spouse program.

Paula Roy, wife of Chief Master Sgt. of the Air Force James A. Roy, is the senior spouse champion for the program and her video endorsement will open each Key Spouse training session.

Key Spouse is an official communication network designed to enhance readiness and establish a sense of community among unit leaders, Airmen and their families, said Gretchen Shannon, the Airman & Family Readiness chief.

"The Key Spouse program is an excellent way to bridge communication gaps and maintain contact with families to inform, support or refer them as needed," Ms. Shannon said.

A Key Spouse volunteer may be the spouse of an officer, an enlisted Airman, a Department of Defense civilian or other qualified person connected to the unit.

Unit leaders formally select and appoint each Key Spouse. Senior officer or enlisted spouses are encouraged to serve as mentors or advisers.

Staff members from the installation A&FRC provide initial and update training and serve as a referral resource for Key Spouses.

The program's structure is designed so the unit commander, Key Spouse, first sergeant and Key Spouse mentor work as a team to ensure 100 percent follow-up with separated families.

In addition to ongoing contact with separated families, Key Spouse activities may include publishing monthly newsletters for waiting family members, involvement in official and unofficial meetings or squadron events and distribution of deployment "survival" information, said Lorraine Neuser, the A&FRC policy deputy chief.

"Whether addressing issues at the lowest possible level or simply being an ear for questions or concerns an Airman's family may have, the Key Spouse program is a great force multiplier," Ms. Neuser said. "This valuable tool supports families during separations and other emergency situations while enhancing communication between leadership, spouses and other family members."

Desk and resource guides have been developed for all Key Spouse team members.

For more information about the Key Spouse program, contact Beverly Pineiro at the Spangdahlem A&FRC at DSN 452-6422 or e-mail beverly.pineiro@spangdahlem.af.mil.

BLOTTER, from Page 5

members responded to assess the package. The package was inspected by an EOD robot and cleared with negative findings.

Suspicious activity: A white van was reported to the 52nd Security Forces Squadron for suspicious activity. While off the installation, the vehicle circled the B-50 roundabout three times before leaving and returning six minutes later. The vehicle plate was provided to Bitburg Polizei with negative findings.

Assault: A complainant called the security control center to report an assault. The 52nd Security Forces Squadron responded, and upon arrival it was determined a dependent physically assaulted an Airman. The suspect was taken in for questioning. In a written statement the suspect stated after returning home, the two were involved in a verbal altercation. The suspect said to not have assaulted the Airman. The Airman's statement described a verbal altercation resulting in being choked against a wall. A family friend claimed to receive a call from the Airman and went to separate the verbal altercation.

Illegal entry: Gate security reported to the security control center that illegal entry had taken place. A driver was selected for random vehicle inspection. The driver could only supply a U.S. Army Europe installation access pass and was denied entry to the installation. Security retained the driver's ID card and instructed to proceed to the outbound lane. Due to a high volume of traffic, the vehicle slipped through and barriers were not deployed. Security then stopped the driver and escorted them to the outbound lane.

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OCTOBER 31

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OCTOBER 31

8PM - 8AM

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(AGE GROUPS WILL BE SEPARATED)

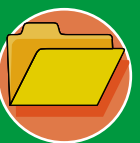
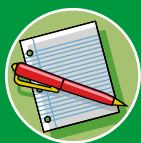
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Eifel School Happenings



Spangdahlem middle and elementary school students volunteer to clean up the community

Morgan Baker, Spangdahlem Middle School fifth grader; Jordan Toliver, Spangdahlem Elementary School third grader; Brandon Nelson, SPES first grader; and his 4-year-old sister, Alyssa Nelson; work on sweeping, raking and picking up their community. They volunteered to do some cleaning up after they were shown a mandatory clean-up notice that was posted on all government-leased housing doors.

Photo by Janet Saylor



Photo by Denny Lemmon

Living healthy

The Bitburg High School physical activity and nutrition class takes a break from exercising at the Moetsch Nordic Walking Park.



Photo by Mike Cottrell

1st and ten

Bitburg High School senior Cameron Jackson intercepts a pass during the Bitburg Barons and Baumholder game Oct. 3.

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Sports & rec

ONGOING EVENTS

Fitness classes – Spangdahlem

- Ab class/boot camp – 11:30 a.m. Tuesdays and Thursdays
- Abs only class – 4:30 p.m. Wednesdays
- Circuit training – 3 p.m. Mondays and Wednesdays
- Equipment Orientation – 10 a.m. Fridays
- Indoor cycling – 6 a.m. Mondays and Wednesdays; 4 p.m. Mondays-Fridays; 5:30 p.m.

Tuesdays; 9:30 a.m. Mondays, Wednesdays and Fridays

- Sports conditioning – 5 p.m. Mondays and Wednesdays
- Sculpting – 11:30 a.m. Wednesdays
- Tai Chi – noon Mondays and Fridays, 6 p.m. Mondays and Thursdays
- Yoga – 6 p.m. Wednesdays

Fitness classes – Bitburg

- Butts and Guts – 9 a.m. Mondays and Wednesdays
- Sculpting – 9 a.m. Tuesdays and Thursdays

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Community happenings

UPCOMING EVENTS

Oct. 12-Nov. 6: The Bitburg Banking Center will be closed. The Spangdahlem Banking Center will be open to support Community Bank customer needs. Customers can also use ATMs, telephone banking and online banking. Online banking is available at www.dodcommunitybank.com.

ANNOUNCEMENTS

AADD

To volunteer or ask for a ride home, call Airmen Against Drunk Driving at 06565-61-2233.

AA Meetings

Alcoholics Anonymous meetings are at 7:30 p.m. Fridays on Spangdahlem Air Base in Bldg. 136 on the first floor. For more information about AA in the Eifel area, call 0152-0391-3593.

Airman's Attic

The Airman's Attic needs volunteers to help operate the shop, located in Bldg. 418 and open 11 a.m.-3 p.m. Mondays, Tuesdays and Thursdays and 11 a.m.-4 p.m. Wednesdays. To volunteer, call 06565-61-2244.

Book scholarship award

University of Maryland University College – Europe is offering a new Europe \$100 book award for spouses and family members of active-duty enlisted servicemembers. The application process for new and current students takes minutes. Active-duty enlisted servicemembers may still apply for the Orkand \$100 book award. For more information, call the Education Center at DSN 452-6063.

Commander and principal monthly forums

The 52nd Mission Support Group commander, Eifel principals and the Kaiserslautern district superintendent meet monthly to stay informed on dependent education and Eifel community happenings and information. The meeting contributes to the continuance of the great partnership and communication established between all entities, ensuring each student's success.

The 52nd MSG welcomes all group or squadron leadership and base or private organizational points of contact to attend. For more information, call Dana Hodges, 52nd Fighter Wing schools liaison officer, at DSN 452-6942 or e-mail dana.hodges@spangdahlem.af.mil.

Dining facility

Grab 'N Go meals are available for dorm residents 24-hours a day.

Education resources

Servicemembers and their families can access the Department of Defense Morale, Welfare and Recreation Libraries/Lifelong Learning Resource online. The online resource can be viewed on the Air Force Virtual Education Center on the Air Force Portal under Peterson's Air Force Education Resource Center. For more information, call the education center at DSN 452-6063.

Flightline driving reminder

Never anticipate control tower directions. Always pay attention and read back instructions verbatim to prevent runway incursion. For more information, call Tech. Sgt. Stacy Miller at DSN 452-4513.

Microsoft certification program

Central Texas College is currently offering five courses in Microsoft certification. Attend classes when it's convenient – all classes done via videos on iTouch or DVDrom. Learn

everything from Windows installation to managing network security and receive 18 hours of college credit. An iTouch will be provided when students sign up for the first two courses at the same time. Sessions start every month. Register by Oct. 30 for the November session. Call Laurie Clark at DSN 452-7554 or e-mail spangdahlem@europe.ctcd.edu for more information.

MOMS Club meeting

The Moms Offering Moms Support Club of Spangdahlem meets at 10 a.m. the first Thursday of each month in Bldg. 136 in the multipurpose room. Meetings feature informative guest speakers, child care during the meetings and an opportunity to meet other stay-at-home moms in your community. The group offers playgroups, moms' night out, a deployed spouse program and more. E-mail Laura Kelty at spangdahlemmomclub@yahoo.com or call 0151-214-72433 for more information.

MOPS meeting

The Spangdahlem mothers of preschoolers, or MOPs, meets 9:15 to 11:30 a.m. the third Monday of each month at the chapel annex. Those meetings that fall on holidays will be held the second Monday of the month. For more information, e-mail Barbara Brown at spangmops@yahoo.com or call 06575-901-522.



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Spangdahlem Skyline

Friday, Oct. 23
6 p.m. Surrogates
(PG-13)

9:30 p.m. The Goods:
Live Hard, Sell
Hard
(R)

Saturday, Oct. 24
6 p.m. Surrogates
(PG-13)

9:30 p.m. The Goods:
Live Hard, Sell
Hard
(R)

Sunday, Oct. 25
4 p.m. Shorts
(PG)

7 p.m. The Time
Traveler's
Wife
(PG-13)

Monday, Oct. 26
7 p.m. Surrogates
(PG-13)

Tuesday, Oct. 27
7 p.m. The Goods:
Live Hard, Sell
Hard
(R)

THE GOODS: LIVE HARD, SELL HARD



Photo courtesy of www.movieweb.com

When Don Ready is asked to help save an ailing local car dealership from bankruptcy, he and his ragtag crew descend on the town of Temecula like a pack of coyotes on a basket full of burgers. Selling, drinking, selling and going to strip clubs is their stock and trade, and they do it well. What Don doesn't expect in Temecula is to fall in love and find his soul-mate. Rated R for sexual content, nudity, language and some drug material. (89 min.)

Featuring: Jeremy Piven, Ed Helms, James Brolin

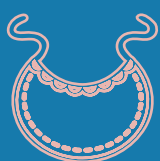
Bitburg Castle

Friday, Oct. 23
7 p.m. A Perfect
Getaway
(R)

Saturday, Oct. 24
7 p.m. Jennifer's
Body
(R)

Sunday, Oct. 25
4 p.m. Bandslam
(PG)

Introducing Spangdahlem's newest resident



Courtesy photo

Max Nicholas Bates

Max was born at 1:27 p.m. Sept. 10 at the Marienhaus-klinik in Bitburg. He weighed 7 pounds, 10 ounces and was 21.5 inches long. His proud parents are Staff Sgt. Chris and Bobbi Bates. The Bates family is stationed at Spangdahlem Air Base.

Send your birth announcement to the *Saber Herald*. Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last name(s) and rank(s), and the place where your family is stationed, along with a horizontal JPEG photo. Send information to editor@saberherald.com.

Chapel News

Bitburg Chapel

Catholic Mass

- Noon Sundays
- Daily Mass – 11:45 a.m. Tuesdays

Islamic services

- For information call the lay leader at DSN 452-6711

Jewish services

- For information call Rabbi Bram at Ramstein Air Base at 480-5570

Spangdahlem Chapel

Protestant worship services

- Traditional Service – 10:30 a.m. Sundays
- Gospel Service – noon Sundays
- Evangelical Service – 5 p.m. Sundays

Catholic Mass

- 9 a.m. Sundays
- 5 p.m. Saturdays
- Daily Mass – 11:45 a.m. Mondays, Wednesdays and Fridays

Chapel Resource Center

Center hours are 9 a.m.-2 p.m. Mondays and Wednesdays and 11 a.m.-4 p.m. Tuesdays and Thursdays. The center is closed Fridays, Saturdays and Sundays. It is located next to the chapel in Bldg. 136. For more information, call Karen Bortner at DSN 452-2201.



Destinations



Staff Sgt. Paul Lacson, his wife, Lyn, and their 4-year-old son, Aidan, visit the island of Sardinia, Italy, in June 2008.

Send us those vacation photos. Submit your JPEG photo and include the date of the photo, rank and first and last names of anyone in the photo, and the location where the photo was taken. Write "Destinations" in the e-mail subject line. Send information to editor@saberherald.com.

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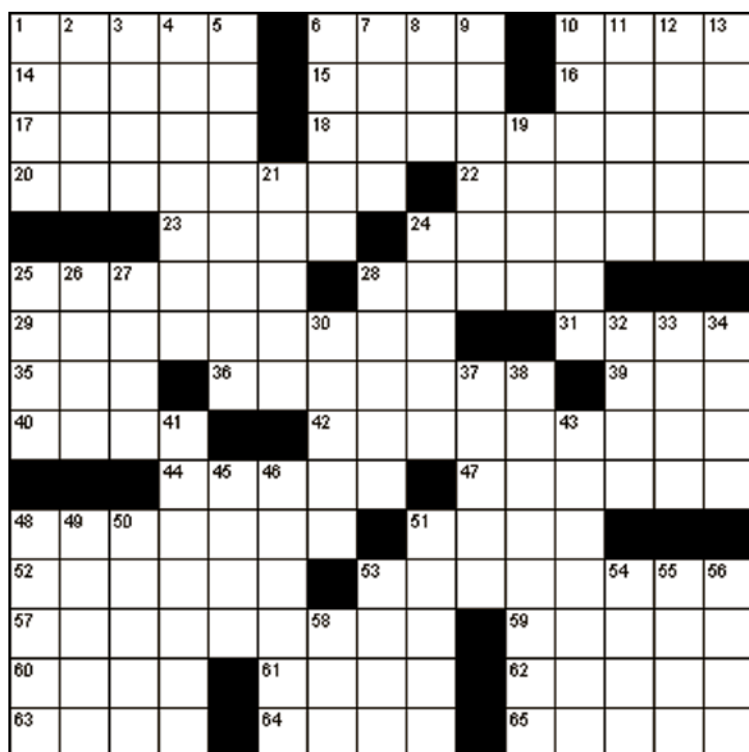
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Weekly Crossword Puzzle



Across

1. Thrown
6. Book after Joel
10. Sudden seizure?
14. Battery terminal
15. Earth
16. Hideout
17. Dark
18. Game for one
20. Spruced up
22. Sheriffs' groups

23. Big name in rap
24. "The ___ Time" (Billy Joel hit)
25. Prairie wolf
28. Tropical fruit
29. Resolved
31. Victories
35. Child's play
36. Local lingo
39. Moist droplets
40. Airline from Lod
42. Finely ground gypsum

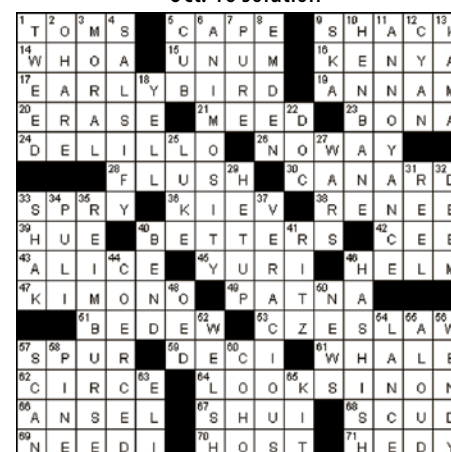
44. "___ moi ..."
47. Obstinate
48. Hindrance
51. M. Hulot's creator
52. Photographer Cunningham
53. Reaction agent
57. Giver of freedom
59. Lariat
60. Honey producers
61. Bryn ___ College
62. Not rented
63. Auto pioneer Ransom
64. Hard to hold
65. Percolates

Down

1. Woodland deity
2. Britain's last Stuart monarch
3. "Nana" author
4. Issue
5. Discovered
6. Useful quality
7. Temper
8. Black gold
9. Don quickly
10. Port on the Clyde
11. Hike
12. Buenos ___
13. City of Brittany
19. Chinese secret society
21. "___ say more?"
24. Subsequently
25. Single out for praise
26. Spoken
27. Indian discipline
28. "Two ___ for Sister Sara"
30. Western
32. Out of action

33. Colo. neighbor
34. Influence
37. Slovene's neighbor
38. Infernal abyss
41. Generous giving
43. Dye type
45. Jetty
46. Call over?
48. Baggins the hobbit
49. Film director Jon
50. Dressed as a judge
51. Dawdle
53. Hood
54. Noah Webster's alma mater
55. Pace
56. Makes lace
58. ___ kwon do

Oct. 16 solution



Puzzle courtesy of <http://thinks.com/>